

Warriors
 visit USAFA

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Be prepared
 for Old Man
 Winter

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 Sioux

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319th Air Refueling Wing

Mission: *The 319th Air Refueling Wing is the finest combat air mobility wing in the world's greatest air and space force.*

Vision: *To be the best at everything we do!*



Air Refueling Rate 88 %

Week of
 Sept. 30 - Oct. 8

Air Land Rate 100 %

Week of
 Sept. 30 - Oct. 8



Crime
 doesn't
 pay

For more National Crime
 Prevention Month information
 see Pages 2, 8, and 9.

Together, we all can ‘take a bite out of crime’

By Staff Sgt. Brent Aspinwall
Crime prevention manager

There’s not too much violence or any signs of drug dealing. There are no break-ins leaving you wondering if your home is next. You’re not uneasy or frightened for yourself or your family. Nothing

Action Line

Call 747-4522 or E-mail
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

16
Consecutive DWI-free days
Goal is zero DWIs.



Photo by Tech. Sgt. Anthony Tyrrell
Col. Mark Ramsay
319th Air Refueling Wing commander

Main Gate Closure

The Main (east) Gate to the base will be closed from 9 a.m. today till 6 a.m. Monday to allow construction activity to be done on both lanes. Vehicles should use the South gate to enter and exit the base during these times.

Use caution when entering and exiting the base.

For details call Mr. Jim McGuire at 747-4572.

has happened to you, but these are issues affecting neighborhoods across the country, even on some military installations.

What can we do to ensure these problems don’t occur here?

Through the use of community-oriented policing and proactive community involvement, crime can be prevented.

October is National Crime Prevention Month. This is the time for law enforcement and citizens to join together and further increase awareness on crime prevention issues affecting their neighborhood.

We say further increase awareness, because for a neighborhood to be successful, crime prevention should already be thriving with proactive law enforcement and community involvement.

Communities aggressively exercising crime prevention control their streets and successfully maintain a neighborhood of low crime. This provides a living environment safe for all of us.

What can you do? If you have children, sit down and talk to them about how to be responsible in the community and what to do if they are victims of suspicious or criminal activity.

Attend community meetings and provide input on how to eliminate problems or make things better in the community.

Be vigilant by securing your homes, cars and valuables when you are not around to keep a criminal from feeling invited to take your belongings.

Report suspicious activity and inform your neighbors.

This month, take a look at your home and property to see what you can do better to prevent crime. Talk with your family and neighbors to find ways to ensure the crime on Grand Forks Air Force Base



Photo by Staff Sgt. Scott T. Sturkol

McGruff the crime dog visits with youth during Community Safety Night Oct. 5 at the youth center. Many base agencies were available to inform children and parents about safety.

stays low and we remain one of the safest communities to live in.

If you have concerns, contact the community policing flight representative at 747-5351, or at 747-4047.

Together, we can all “TAKE A BITE OUT OF CRIME.”



Photo by Staff Sgt. Monte Volk

Cover: Staff Sgt. Michael Christiansen, 319th Security Forces Squadron, apprehends a suspect during a routine training scenario Oct. 5. October is Crime Prevention Month. In this issue of The Leader, the 319th SFS offers some helpful crime prevention tips.

Correction: In last week’s edition of The Leader, The runway was said to be originally constructed in 1958. It was built in 1956.

Editorial staff

Col. Mark Ramsay _____ Wing commander
1st Lt. Michael Meridith _____ Chief, public affairs
1st Lt. Ashley Gee _____ Deputy chief, public affairs
Master Sgt. Anthony Davis _____ NCOIC, public affairs
Staff Sgt. Monte Volk _____ Editor/Chief, internal information
Airman 1st Class Patrice Clarke _____ Associate editor

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♦**CCTV3** — **E-mail:** CCTV3@grandforks.af.mil, **Phone:** (701) 747-5023

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Deployed Warriors add fuel to fight

By Lt. Col. Murray “Murf” Clark

28th Expeditionary Air Refueling Squadron commander

KC-135 squadrons, like the 28th Expeditionary Air Refueling Squadron, usually have mottos such as, “Anytime, Anywhere,” “On Time, Every Time,” or “Always There.” That is to say, they take great pride in being taken for granted.

They find satisfaction in being matter-of-fact about near perfection. You’ll never find a tanker squadron patting themselves on the back for a 95 percent mission effectiveness rate. Since the time of the first Persian Gulf War, the “tanker” community as a whole has adopted as a motto the rebelliously, unpronounceable acronym, NKAWTG, “No one Kicks Ass Without Tanker Gas.”

The way this motto plays out here is directly

reflected in the teamwork between the 40 Air Expeditionary Group, the 28 EARS and the 22 Expeditionary Air Refueling Squadron, a sister squadron at another forward location. The B-1 bomber is an awesome machine; it’s crews are the best in the world at what they do, but as with the power output of a big-block V8, the airpower of the United States demands a little extra gas—in the right place at the right time.

A typical combat mission flown by the 34th Expeditionary Bomb Squadron takes an exhausting 16 hours and uses 370,000 pounds of jet fuel. Enabling that mission, three separate KC-135s fly a total of nearly 20 hours to bring 225,000 pounds of that fuel to the B-1. Translated to understandable terms, that’s 34,615 gallons of fuel to the fight, enough to drive a car that averages 20 miles per gallon an incredible

692,300 miles. If today you started driving that car nonstop at 75 miles per hour, you could drive the equivalent of 28 times around the Earth at the equator and wouldn’t run out of gas until the Oct. 9, 2005!

None of that even takes into consideration the 37,000 gallons used by those three KC-135s to fly their missions. In total, one B-1 combat mission, including tanker support, uses an average of 84,400 gallons. Finally, add to all these numbers 43.7 (the average age of the KC-135s on the ramp today), 26 (the average age of the maintenance personnel on the 28 EARS), and 112 million pounds (the weight of the fuel the squadron transferred between Sept. 11, 2003, and Sept. 11, 2004) and you get not so much a number as a conclusion: the patriotic and professional men and women of the 28 EARS are turning sweat, effort, and intelligence into airpower . . . and NKAWTG, no one!

Warriors meet USAF Falcons

By Staff Sgt. Monte Volk
Public affairs

It's not refueling a fighter going into the "box" to provide close air support, but still an important mission nonetheless.

The 319th Air Refueling Wing sent a group of Warriors to the Air Force Academy in Colorado Springs, Colo., Oct. 6-11, to mentor the Wing's sponsored cadet squadron, Eagle 8, as part of the Air Force Academy Cadet Squadron Sponsor Program.

"I think this is one of the best programs at the Academy," said Maj. Mark Baroni, Air Officer Commanding Eagle 8 Squadron. "It allows the cadets and active duty folks to interact and understand what each is doing and how they contribute to the mission of the Air Force."

The 25 Warriors represented all the groups in the wing and spanned a myriad of career fields and ranks, giving the cadets a small cross-section of the operational Air Force.

"It's good for us to talk with the cadets and experience what their environment is like," said Airman 1st Class Nora Merritt, 911th Air Refueling Squadron. "I had something completely different pictured."

The cadet squadron sponsor program is designed for active Air Force units to sponsor a cadet squadron for a three-year period. The program goal is to contribute significantly to the professional development of the cadets and provide an exchange of information between cadets and the active duty Air Force, according to Capt.



Photo by Staff Sgt. Monte Volk

Airman 1st Class Stephan Azab, right, 319th Medical Operations Squadron, Cadet Third Class Nathan Lowry, left, fly the T-6 flight simulator at the U.S. Air Force Academy Oct. 9. The 319th Air Refueling Wing the 25 Warriors of the North to the Air Force Academy in Colorado Springs, Colo., Oct. 6-11, as part of the Air Force Academy Cadet Squadron Sponsor Program.

Russ Davis, 319th Operations Group.

"I believe everyone benefited from the trip equally," said 1st Lt. Rob Barclay, 319th Air Refueling Wing. "The cadets learned a great deal about the operational Air Force and specifics on some of our career fields."

The Warriors of the North had one-on-one contact and interaction with the cadets of Eagle 8, going to class with them, getting tours of the Academy grounds and informally hosting some of the cadets out on the town during the evenings.

The cadets were not the only ones who benefited from this interaction. All of the visiting members of the wing gained a first-hand appreciation of the cadets' daily life as well as many traditional and historical aspects of the Air Force Academy.

"This trip really made me look at my career and where I want to go," said Senior Airman Adam Conrad, 319th Aircraft Maintenance Squadron. "I am now going to pursue an appointment to the Air Force Academy."

Defense Commissary Agency marks 13 years of service

By Dr. Peter Skirbunt
DeCA historian

FORT LEE, Va. — To commissary customers, 13 is a lucky number.

Thirteen years ago, in order to improve efficiency and increase taxpayer savings, Congress and the Department of Defense created the Defense Commissary Agency by consolidating the military services' retail grocery operations into one organization. Today, the agency, popularly known as DeCA, continues to save taxpayer dollars while preserving a vital military benefit that is important to the recruiting and retention of military personnel.

While Oct. 1 marked the agency's 13th anniversary, the commissary benefit itself is actually 137 years old. Congress authorized the Army to sell food items, at cost, to officers and enlisted men beginning July 1, 1867.

These sales were authorized at every Army post with a subsistence warehouse. Sales areas consisted of simply a table or counter in the warehouse, and sales were limited to an official stock list of 82 items, but this was the start of the modern commissary benefit.

In the last 13 years, customer savings have increased, store facilities have been upgraded, and more people became eligible to enjoy the benefit. In 1991, commissaries provided an average customer savings of 20 percent when compared with local grocery chains; today, the average savings is over 30 percent.

During those same 13 years, to provide military families with a shopping experience comparably pleasant with stores in the civilian sector, the agency opened 86 new stores, remodeled or made major renovations on 53 existing stores, and upgraded and modernized over a hundred more. Royden Hunnewell, Director of the

Grand Forks Commissary said, "The patrons shopping here over the years have earned themselves a new facility."

The new Grand Forks Commissary opened in July of this year. New features such as rotisserie chicken, Krispy Kreme Donuts, Hebrew National Hotdogs for lunch and an ATM on site are just a few of the new products and services available for our patrons.

The number of items stocked by commissaries has also increased, from about 13,000 in the largest stores in 1991 to 17,000 in the big stores today.

"At Grand Forks, we currently stock approximately 13,500 items including meat, produce, deli and bakery items". More recently, National Guard and Reserve personnel, always key components of the military, have been given full-time commissary benefits," said Mr. Hunnewell.

Commissaries provide a substantial savings, they enable military families to

make ends meet in areas where the cost of living is high, and they bring a morale-building "taste of home" feeling by providing familiar American food products in overseas locations. They are highly valued by service families and are a major incentive to re-enlistment.

Patrick Nixon, DeCA's chief executive officer, says commissaries have become increasingly important since the events of Sept. 11, 2001. "There is now recognition of how the commissary benefit helps our people in uniform, wherever they are stationed. When forces deploy, the families left behind depend upon their local community services, including the commissaries, to see them through tough, nervous, lonely times."

With 13 years of experience and 137 years of heritage behind it, the Defense Commissary Agency is ready to continue providing this highly valued military benefit for years to come.

CDC credited for unique mission

By Airman 1st Class Patrice Clarke
Public affairs

The child development center has been offering military parents an affordable, convenient and professional solution to childcare for several years. The CDC was recently rewarded for their dedicated service by the state.

The CDC was awarded the North Dakota Region IV Children's Services Coordinating Committee Distinguished Service Award Oct. 4.

"We have won numerous Department of Defense awards," said Mrs. Monica Morrissey, director of child development programs. "This is the first time we have been recognized by the state for what we do."

The main reason the CDC won such a prestigious award is they met the exacting criteria to a tee.

The CDC was challenged to ensure a full range of childcare and development services were available to meet the unique needs of children and families.

"When we saw the criteria, we knew we had a step above everyone else," said

Mrs. Morrissey.

The CDC, unlike many childcare and development providers, tries to cater directly to parents.

For instance, the Give Parents a Break program is offered once a month for families with deployed members and families of special needs children.

The Part Day Enrichment program is an every day program offered to those parents who stay at home with their children. It offers two and a half hours of the same curriculum and assessment as the full childcare program.

The CDC here is one of 10 child development centers in the state with the accreditation with the National Association for the Education of Young Children's Accreditation standards.

"Only 30 percent of civilian day-cares/child development centers have it," said Mrs. Morrissey.

To achieve this accreditation, centers have to pass 10 different areas ranging from the curriculum to nutrition to administration.

The CDC's accreditation is valid until 2009.



Photo by Lisa Schwantes

Mrs. Linda Jenkins, with Grand Forks public schools (right) presents Monica Morrissey, director of the child development center here, with the North Dakota Region IV Children's Services Coordinating Committee Distinguished Service Award.

Volunteers turn blacktop into educational playground

By Staff Sgt. Scott T. Sturkol
Public affairs

Twelve volunteers pitched in more than 140 hours over the course of three weeks to complete a blacktop paint project at Eielson Elementary School. The last of those hours was donated to complete the project this past Saturday.

The project, funded by the Eielson Parent-Teacher Organization at a cost of about \$1,650, included the design and painting of blacktop games and activities. Some of the designs painted include tricycle tracks (they look like miniature train tracks), a large map of the United States, a 30-foot-wide eagle, alphabetized stepping stones, numbered footsteps, hopscotch pat-



Volunteer Dawn Kuster adds numbers to painted footsteps at Eielson Elementary School Saturday.

terns, and various designs involving shapes.

“I think the end result looks great and it’s a nice addition for the school,” said Lisa Bunce, Eielson PTO president and one of the volunteers. “It’s a project that has been in the works for a couple of years and now it’s complete.”

Mrs. Bunce said the project featured some ideas for the playground came from a purchased playground design plan and others were completely original.

“We had people who put their minds and their talents into this project and it’s only through their effort this was able to get done,” Mrs. Bunce said. “I’m certainly pleased with the way it turned out.”

Dr. Terry Brenner, Eielson principal, said the completion of this project provides a “constructive play



Photos by Staff Sgt. Scott T. Sturkol

Among the designs painted at Eielson Elementary School are a map of the United States and an American eagle.

mechanism for children.”

“From the tricycle tracks to the map of the United States, the painted games and activities provide tremendous opportunities to learn on their own,” Dr. Brenner said.

The principal added, “On behalf of the Eielson staff, I am grateful to the PTO and base personnel who volunteered to make this happen.”

The Eielson PTO, Mrs. Bunce said, is able to finance projects such as this one through various fundraising activities throughout the school year.

The PTO’s next event is the fall dinner and auction Monday from 5 to 7 p.m. in the Eielson School gym. The dinner is free and bidding on auction baskets begins at approximately 5:30 p.m. The theme of the auction baskets is sports and recreation.

For details about the Eielson PTO or to volunteer at the school, call 787-5000.



First grade students play four-squares on the painted playground Monday.

Volunteers who worked on the project include: Lisa Bunce, 1st Lt. Ashley Gee, Dawn and Tech. Sgt. Robert Kuster, Tech. Sgt. Tandra Campbell, Bobbi and Staff Sgt. Scott Sturkol, Staff Sgt. Brandon Hammonds, Staff Sgt. Jose Zamora, and Airmen 1st Class Jody Alo and Chris Gallaher.

Crime prevention tips

- ➔ Lock your house and car and remove all valuables from plain sight in your vehicle.
- ➔ Secure all children's toys and lock your garage door.
- ➔ Trim shrubs and trees that might give criminals a place to hide or climb to second stories.
- ➔ Make sure entry door areas are well lit so you can tell who's there. Motion detector lights, floodlights, or similar lighting can help brighten up the property so crooks can't hide.
- ➔ Make sure everyone in your house knows the rules for answering the telephone and the door.
- ➔ Make sure your homes are well-lit.
- ➔ Don't flash large amounts of money or talk about carrying around large amounts.
- ➔ Report all suspicious activities regardless of how minor to the Security Forces control center 747-5351 or 5352.

Don't drink and drive

Call Airmen Against Drunk Driving at 740-2273.

Donate to CFC
For a list of squadron POCs call
Capt. Jason Lauterbach at 747-5744.



Current as of Oct. 12	Amount donated \$9,516	Wing Goal \$90,046	% contacted 28%
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Military takes steps to combat identity theft

Editor's Note: October is National Crime Prevention Month. The following information can help you protect your finances.

By Donna Miles

American Forces Press Service

WASHINGTON — As stricter penalties go into effect for identity theft, the Defense Department and the services are taking steps to protect service members, their families and DoD civilians from being victimized.

Identity theft occurs when someone uses another person's name, Social Security number or other personal information to apply for credit, buy goods and services, or commit other fraud.

President Bush recently signed a bill into law stiffening penalties for identity thieves. He said they undermine public trust while "running up bills on credit card accounts that the victim never knew existed" and "quickly damag(ing) a person's lifelong efforts to build and maintain a good credit rating."

Cmdr. Frank Mellott, chief staff officer for Naval Network and Space Operations Command at Dahlgren, Va., knows firsthand just how devastating identity theft can be to its victims.

An estranged half-brother used Mellott's Social Security number on a W-2 form to avoid paying child support, then opened cable TV and wireless telephone service in his name but didn't pay the bills. The fiasco damaged more than Mellott's credit rating. It also threatened the renewal of his top-secret security clearance, and with it, his opportunity for promotion.

"Not only did my half-brother's actions tarnish my good name and adversely affect my credit history," Mellott told the House Financial Institutions and Consumer Credit Subcommittee last summer. "They might well have ended my 17-year naval career."

Identity theft is a growing crime nationwide, and the military is not immune. Social Security numbers — used so commonly throughout the military to identify its members — once made service members easy prey to identity thieves.

The military has taken a wide range of steps to protect its members and their families from identity thieves.

Earlier this year, the Defense Finance

and Accounting Service dropped the first five digits of each person's Social Security number from all hard-copy leave and earnings statements and checks to guard against identity theft.

The department put into place measures in the E-Government Act of 2001 that control what personal information gets posted on government Web sites.

In addition, the Defense Department teamed up with the Federal Trade Commission to launch Military Sentinel, www.consumer.gov/military. This online complaint network enables military members and DoD civilian employees to report identity theft and other consumer frauds.

The bottom line, officials tell service members and DoD civilians, is to use caution in giving out personal identifying information.

After Mellott's experience with identity theft, he acknowledges that no one is immune. But he's adopted — and encourages others to adopt — what he calls "the fighter pilot's mantra: You never want to be the easy kill. Make them work for it."

Now a part-time volunteer counselor for the identity theft resource center that helped him through his ordeal, Mellott recommends these tips:

➔ Check your credit reports at least once a year. A good rule of thumb is to request a report from one of the three credit reporting agencies every four months to check for reports or activity that raise a "red flag."

➔ Buy a home shredder and shred all paperwork containing personal information before throwing it away.

➔ Keep track of your mailbox. Watch for bills for things you didn't buy or order and credit cards you didn't apply for. Likewise, take notice if you don't receive a bill you were expecting.

➔ Drop off bill payments at the post office or in a blue Postal Service mailbox. Leaving it in a mailbox at your home makes it easy for would-be identity thieves to steal.

➔ Go through your wallet and remove every piece of identification you don't absolutely need to carry, particularly if it has personal information on it.

➔ Ask to have your driver's license number changed if it includes your Social Security number.

News Briefs

AF Club card switchover

The Air Force Club Card program is moving to a new systems platform effective Oct 28. The switchover will result in a week of “blackout” Oct. 27 to Nov. 1, affecting several processes.

The most significant effect will be the inability of club members to make payments on their accounts at their base clubs, over the Internet, or by phone.

Members will be able to view their accounts and balances on the Bank One website, but the “make a payment” option will not be available.

Cardholders whose accounts are due during the blackout period are encouraged to make an early payment this month.

“They need to pay ahead of time and not wait until the blackout period to pay,” said Fred Fried, Club Operations Branch chief, Headquarters Air Force Services Agency, San Antonio, Texas.

Cardholders will still be able to make

charges to their accounts during this period.

For details call the Northern Lights Club at 747-3392.

Uniform board incorporates feedback, alters design

By Tech. Sgt. David A. Jablonski

Air Force Print News

WASHINGTON -- Based on feedback from the six-month wear test, Air Force Chief of Staff Gen. John P. Jumper decided to expand the current test program to include a pixelated tiger-striped pattern in a new color scheme on the proposed utility uniform.

The expansion does not involve a full test; instead, there will be a limited production to test pattern and color, said Senior Master Sgt. Jacqueline Dean, the uniform board superintendent.

“The color scheme is only one of many improvements we are testing,”

Sergeant Dean said.

A small, select group of testers will wear the newest pattern. The solid tiger-striped pattern with its dominant blue overtones is gone.

The latest pixelated test pattern has a more subdued color scheme and is not nearly as distinctive as the one unveiled at the start in August 2003; yet it provides the distinctiveness Airmen have requested, officials said.

“We have sufficient input from Airmen throughout the Air Force to ensure that our uniform decisions are on target with regard to wear, ease of maintenance and fit,” Sergeant Dean said.

“We kept hearing throughout the test that Airmen loved the wash-and-wear feature and the fit.

The design of the uniform will essentially stay the same, with minor modifications based [on] the wear-testers’ recommendations.”

General Jumper will announce the final decisions regarding the new utility

uniform once the test data are analyzed and presented. Determination is expected within the next two months, officials said.

The new design represents a uniform that could be universally worn in all environments, Sergeant Dean said.

The unique fit and design will remain the same, as Air Force officials said they want a distinctive uniform for Airmen that fits better and is easier and less expensive to maintain.

“There really wasn’t much that Airmen didn’t like about the design of the uniform,” she said, basing her comment on the large volume of feedback the board received via e-mail, surveys, focus groups and online questionnaires.

“We really did capture what they needed and what they wanted.

“The chief of staff listened to the Airmen,” Sergeant Dean said. “We asked what they wanted in a uniform, what they needed in a uniform and, as a result, this is exactly what we’re getting.”

Heir Force

Trapper Allen Goad, 8 pounds, 13 ounces, born Sept. 2 to Staff Sgt. Richard and Barbara Goad, 319th Aircraft Maintenance Squadron.

Chase Anthony Meyers, 6 pounds, 13 ounces, born Sept. 8 to Senior Airman Stephen and Joleen Meyers, 319th Maintenance Operations Squadron.

Alyssa Denise Morrow, 8 pounds, 14 ounces born Sept. 13 to Airman 1st Class James and Felicia Morrow, 319th Civil Engineer Squadron.

Justin Aaron Madsen Jr., 8 pounds, 15 ounces born Sept. 15 to Senior Airmen Justin and Amber Madsen, 319th Logistics Readiness Squadron.

Ashlee Nicole Wade, 5 pounds, 19 ounces, born Sept. 15 to Staff Sgt. Richard and Krista Wade, 319th MOS.

Amaya Simone Lawary, 5 pounds, 15 ounces, born Sept. 18 to Senior Airman Patrick and Lisa Lawary, 319th

AMXS.

Hunter John-Hollis Boury, 5 pounds, 10.3 ounces, born Sept. 20 to Master Sgt. John and Tina Boury, 319th MOS.

Logan Taylor Shelhamer, 7 pounds, 5.1 ounces, born Sept. 22 to senior airmen Aaron and Kara Shelhamer, 319th Maintenance Squadron and 319th Security Forces Squadron, respectively.

Katrina Riley Swanson, 7 pounds, 7 ounces, born Sept. 25 to Senior Airman Brian and Paula Swanson, 319th Communications Squadron.

Mackenzie Nicole Reed, 7 pounds, .3 ounces, born Sept. 25 to Maj. Robin and Steve Reed, 319th Medical Support Squadron.

Gabrielle Ann-Marie Fariss, 7 pounds, 11 ounces, born Sept. 27 to 1st. Lt. Brian and Misty Fariss, 319th LRS and 319th Contracting Squadron, respectively.

What a catch

Airman Mike McGowan, 319th Aircraft Maintenance Squadron shows off his latest catch. Airman McGowan was fishing on the Red River in Grand Forks Oct. 2 when he caught an eight pound catfish and another two pound catfish. Airman McGowan routinely goes fishing at Red River during the summer months.



Photo by Staff Sgt. Scott T. Sturkol

Community

Today

HALLOWEEN CARNIVAL TICKETS

Today is the last day to buy advance Halloween Carnival tickets at the youth center. The advance price is five tickets for \$1; the door price is four tickets for \$1.

Tickets are needed to play the game booths, enter the Haunted House and to purchase food.

MEMBER'S MAYHEM

The Northern Light Club will be holding Member's Mayhem today. This is an all-ranks social opportunity for club members.

PUMPKIN PAINTING AND DECORATING

Pumpkin painting and decorating at the youth center Wednesday for ages 6 to 12 at 5:30 p.m. and ages 13 to 18 at 7 p.m. To make sure we have enough pumpkins for everyone, please sign up at the youth center by today. Cost is \$3 for members and \$5 for non-members and includes a small pumpkin and paints.

Sunday

SUPER SUNDAY BRUNCH

The Northern Lights Club brunch is Sunday from 10:30 a.m. to 1:30 p.m. Cost is \$11.25 for adults, \$7.25 for chil-

dren 5 to 12, and 4 and younger eat free.

Monday

EIELSON DINNER/AUCTION

The Eielson Elementary School Parent-Teacher Organization holds its fall dinner and auction today from 5 to 7:30 p.m. The dinner is free, and bidding for auction baskets begins at 5:30 p.m.

For details call Eielson school at 787-5000.

Tuesday

OSC SCRAPBOOKING

The OSC Scrapbooking Club meets today from 10 a.m. to 2 p.m. at the Prairie Rose chapel. Attendees should bring money for a lunch.

For details call Tera Hart at 594-8038.

THRIFT SHOP SALE

This week is an all sweaters sale at the Thrift Shop. Hurry in and get the great sales of the week! Thrift Shop hours are Tuesdays, Fridays and the first Saturday of the month from 10 a.m. to 2 p.m.

Wednesday

OSC PLAYGROUP

An Officer's Spouses Club playgroup is forming. Our first playdate will be

Wednesday from 10 a.m. until 12 p.m. at Liberty Square. Please contact Jill Ayres at 594-8171 jjayres@gra.midco.net or Gretchen Hebekeuser at 594-3839 hebe7@gra.midco.net for questions or suggestions.

PARENT ADVISORY MEETING

The next parent advisory meeting will be today at 4:15 p.m. at the child development center. Speaker Lisa Overholt will discuss DTM Standards.

All parents/guardians with children in the Family Member Programs Flight are invited to attend. Refreshments provided.

ESC OCTOBER MEETING

Join the Enlisted Spouses Club in "Spreading Some Sunshine" at the October general meeting Oct. 25 at 7 p.m. at the community activities center. We will be making greeting cards to donate to the Fisher House Charity and to supply our Sunshine Committee with cards for special occasions.

Remember to bring card making supplies for a free ticket in our raffle.

For details call Mandy Roberts at 594-8334 or Sarah Bloch at 610-6189.

Thursday

MALL OF AMERICA SHOPPING TRIP

Date: Sat., October 23

Depart: 5 a.m. from outdoor recreation

Return: Same evening around midnight

Cost: \$25 per person; includes transportation only.

Time permitting, we plan on also stopping at the Outlet Mall in Albertville. Let us drive while you relax and enjoy central Minnesota's beautiful countryside. Sign-up by today at outdoor recreation, 747-3688.

Upcoming

OKTOBERFEST

Join us at the Northern Lights Club for a great evening of German food and drink beginning at 5:30 p.m. Oct 22.

The menu will be Rouladen, Rahm and Wiener Schnitzel, bratwurst/kraut, red cabbage, green beans, salzkartoffel, spaetzle, tossed salad, cucumber salad, apple strudel and nut rolls, Gluehwein and German beer. Cost is \$13.95 with \$2 off for club members.

BOOK CLUB DISCUSSION

The library is hosting a book club discussion Oct 23. Attendees should read the book "Andromeda Strain" by Michael Crichton before the discussion.

For details call the library at 747-3046.

Base theater

Today, 7 p.m.

Vanity Fair (PG-13)

A young Englishwoman named Becky Sharp (Reese Witherspoon) living in London during the Napoleonic wars aims to abandon her poverty-stricken back-ground and climb the social ladder by any means necessary. Her best friend, Amelia, with whom she has been reunited, pines for her husband, George, who's been sent to the front lines.

Saturday, 7 p.m.

Anacondas: The Hunt for the Black Orchid (PG-13)

In this sequel to Anaconda, an expedition heads for Borneo to bring back a hard-to-find black orchid that could be the key to immortality, only to encounter a gaggle of big, nasty snakes that get their long life and power from the plants.

Oct. 22, 7 p.m.

Napoleon Dynamite (PG)

Napoleon Dynamite is an unusual (some might say geeky) teen living in the back-water town of Preston, Idaho, with his grandmother and unemployed older brother. Granny skips town, so Napoleon's uncle Rico comes to stay with them and proceeds to interfere in their

lives. Meanwhile, Napoleon's busy trying to help his best friend, Pedro, get elected class president.

Oct. 23, 7 p.m.

Cellular (PG-13)

A man (Chris Evans) receives a call on his cell phone, and when he answers it, a woman (Kim Basinger) tells him she's been kidnapped and that she's going to be killed soon.



Ticket prices have changed.

Tickets: \$1.75 children,

\$3.50 adults.

For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m. Sunflower Chapel.

Weekday Mass: 11:30 a.m. Monday, Wednesday, Thursday, Sunflower Chapel.

Reconciliation: 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

For details on educational programs, call Jane Hutzol at 747-3073.

Rite of Christian Initiation of Adults, Adult Education, Confraternity of Christian Doctrine, and Sacramental Programs:

Classes begin at 11 a.m. Sunday at Twining Elementary School.

Catholic Scripture Study: 7 p.m. Wednesday, Sunflower Chapel

PROTESTANT:

Traditional Worship: 10:30 a.m. Sunday, Sunflower Chapel.

Contemporary Worship: 6 p.m. Sunday, Prairie Rose Chapel.

Men of the Chapel Bible Study: noon Monday, Prairie Rose Chapel cinference room.

Young Adults: 6 p.m. Friday, Chaplain



(Capt.) Brian Swain's home. For details call 747-4359.

Women's Bible Study: 7 p.m., Monday, Prairie Rose conference room.

Protestant Youth of the Chapel: Begins at 6:30 p.m. Wednesday at the youth center.

Protestant Sunday school: 9 a.m. Sunday, in Eielson Elementary School.

JEWISH:

Call Synagogue B'nai Israel at 775-5124.

MUSLIM, BUDDHIST, ORTHODOX, OTHER:

For details call 747-5673.

Know base weather rules, reporting procedures

Compiled from staff reports

When bad weather hits the base, several steps must be taken to ensure the safety of personnel and to minimize risks. Guidelines for taking those steps are outlined in Grand Forks Air Force Base Instruction 10-103, Base Severe Winter Weather Program.

Various base agencies, offices, and organizations have different degrees of being “mission essential,” the instruction states. There are certain actions some units will take while others will not. The wing commander has the prerogative to implement, modify, or selectively revoke portions of this plan based upon weather conditions, safety factors, and the need for mission accomplishment.

In the instruction, there are several definitions regarding implementation of the plan. The definitions provide



Photo by Staff Sgt. Scott T. Sturkol

During the winter months, the base issues travel conditions. Travel conditions are broke down into three areas: green, yellow and red.

standardization among base units. Those definitions include adverse weather conditions, extreme cold temperatures, mission essential personnel, storm essential personnel, minimum manning, telephone standby and travel conditions.

Most important among those definitions are “mission essential” personnel and travel conditions. Mission essential personnel are described as “a list of personnel the unit commander deems absolutely essential to mission accomplishment when adverse or severe weather threatens.”

The list lets unit personnel know in advance their duty status, eliminating confusion on who should report for work or go home when weather threatens. People are also advised to check with their supervisor to see if they are mission essential. Travel conditions are broken down into three areas: green, yellow and red and will be posted on CCTV-3 and on selected signs throughout the base.

Travel condition green means visibility is unrestricted, there is no snow, ice, mud, hail, water or severe weather affecting driving, the chill factor is -33 degrees Fahrenheit or higher, and travel actions are unrestricted.

Travel condition yellow means visibility is between 50 feet and ½ mile, severe weather or snow, ice, mud, hail, or water makes roads hazardous but passable, the chill factor is between -34 to -47 degrees Fahrenheit, and travellers are warned to use caution and not exceed a speed limit of 20 miles per hour on any roads on base.

Travel condition red means that visibility is less than 50 feet, roads are almost impassable due to severe weather or snow, ice, mud, hail or water on the roads, the chill factor is -48 degrees Fahrenheit or lower, and travellers should stay off the roads unless they are listed as “snow essential” personnel.

Notifying the public of base closure, once the determination has been made at the earliest possible time, is done through the Commander’s Access Channel (cable channel

3), and local radio and television stations.

People should also call the base snow line: 747-SNOW (7669).

On-base schools work with 319th Mission Support Group officials to determine if base schools will open, and if conditions around the base will allow buses to safely reach Central High School in the city of Grand Forks.

Reporting procedures

The following guidance outlines procedures for base civilian employees during deteriorating weather or driving conditions.

Early dismissal – Should weather conditions warrant early dismissal, the Mission Support Group Commander will announce, through the chain of command, that early dismissal is in effect. That office will also identify those employees who are eligible for early dismissal and the appropriate time for departure. Early dismissal applies to that particular shift. Only employees who are in a duty status (not on leave) or who are expected to return from leave to duty status at the time the early dismissal takes effect, are excused without charge to leave. In the event an early dismissal is announced, employees should be released in 15-minute intervals to allow for a smooth traffic flow off the installation. Supervisors should first release those employees with the greatest distance to go.

Late reporting – All employees assigned to any shift are expected to report to their duty stations on time unless authorized late reporting for that shift’s employees. When weather conditions warrant late reporting of civilian employees, announcements will be made on local radio and television stations.

These announcements will indicate the late arrival reporting time authorized and will identify the employees who are eligible for late reporting.

Geographic Tiers

The Base Severe Winter Weather Program plan employs a geographic tier system that allows the wing commander to release personnel who live furthest from the base while retaining “mission essential” personnel to keep operations running.

The tier system breaks out Grand Forks AFB and the surrounding area into a series of concentric rings. Each ring is approximately 10 miles wide, with Grand Forks AFB at the center.

→ Tier 1 consists of Grand Forks AFB proper, to include Sunflake housing

→ Tier 2 includes all areas within a 10-mile radius from GFAFB

→ Tier 3 includes all areas within a 10-20 mile radius from GFAFB

→ Tier 4 includes all areas which extend beyond a 20-mile radius from GFAFB.

Minimum manning day – When severe weather conditions exist, local radio/TV stations will announce that a minimum manning day is in effect for Grand Forks AFB personnel. Under those conditions, only storm-essential, and possibly mission essential, personnel are required to report to work.

Telephone standby (Notification) - When severe weather is forecast or the weather conditions are expected to improve within that shift, employees may be notified to report to duty at a later time.

It is the employee’s responsibility to understand these reporting requirements and to comply with announced shift time changes.

Employees and supervisors should ensure they understand these procedures and how they affect them.

For details review Grand Forks AFB Instruction 10-103.



Photo by Staff Sgt. Scott T. Sturkol

Winter Parking Plan

The intent of the winter parking plan is to have the streets cleared for snow removal. When the plan is implemented occupants may park in front of their homes on the grass, ensuring that sidewalks are not obstructed. This plan does not apply to Sunflake, Prairieview, Meadowlark, Lewis and Clark or the newly renovated housing on “I” street. These areas have driveway extensions and Sunflake has above and below ground parking. When the plan is not in effect, you must remove your vehicle from your yard and any damage incurred will be the occupant’s responsibility. For details call the housing office at 747-3035.

Old Man Winter right around corner

By Tech. Sgt. Rick Roseboom
Ground Safety, noncommissioned officer in charge

Is it really that time of year again already? It seems like just yesterday we were golfing in T-shirts and shorts, mowing the lawn, or lounging in the mid-day sun. But Winter is fast approaching, and we must face it head on – like it or not.

Soon it will be time to switch our clocks back from Daylight Savings Time to Central Standard Time, of course. It’s also the time when you rise from bed to find it’s still the middle of the night. It’s the time you arrive at work for another hour or more of dark.

The old adage “spring ahead and fall back” tells us which way to move the big hand on our clocks, but as you “fall back” on the clock this year, why not take a little extra time and “fall back” on your household fall and winter safety preparations as well.

A whole summer’s worth of “I’ll get to that next week” clutter has piled up in the garage and basement. The kids will be spending more time indoors as the temperature drops, and summer sports equipment is being swapped out for winter recreational equipment.

Now ask yourself, “When was the last time I fully checked the house over to ensure it’s safe and everything works properly?” I’ll bet for most of us it was during our other annual ritual known as “spring cleaning.”

With that thought in mind, here is a checklist of common winter safety and recreational activity items you may want to inspect:

Winter Home Safety

→ Space heaters with working tip-over switches

Electrical Safety

→ Replace outlet plugs from removed A/C units

Commentary

→ Check to ensure outlets have safety caps
→ Unplug unused appliances
→ Install ground fault circuit interrupters
→ Tag shut-off for gas, oil, water, electrical supplies

Preventing Slips, Trips and Falls

→ Keep stairs free of objects
→ No-slip rugs to absorb melting snow
→ No-slip material for stairways
→ Snow shovel to clear walkways

Winterize Your Car/Truck

→ Fluids checked and filled as needed
→ Tires for proper tread depth
→ Heater working properly
→ Wiper blades and freeze-proof wiper fluid
→ Engine block heater working
→ Keep gas tank more than ½ full to prevent condensation

→ Gas line anti-freeze during cold weather
→ Winter survival / emergency kit:
→ Fluids (water), high energy food (candy)
→ Flash light and signal device (flares)
→ Cell phone with charger
→ Jumper cables
→ Traction compound (sand or cat litter)

Snowmobile Safety

→ Inspect all cables, wiring, belts, pulleys, springs and shocks for damage
→ Visually inspect the entire snowmobile for damage
→ Ensure your breakdown kit is serviceable and stored in the seat pouch
→ Signal flares
→ Extra spark plugs and belt
→ Small tool kit
→ Check your helmet for damage, replace as needed
→ Verify riding gear is adequate to keep you warm

Winter Recreation Equipment

→ Check for cracks, broken runners, hinge points on toboggan or sled
→ Use a helmet
→ Inspect ice fishing gear:
→ New blades for ice auger, blade guard installed
→ Ice creepers, metal spikes, cable device for traction
→ Warm clothing
→ Emergency kit (flame, flares, signal device, floatation, first aid kit)
→ Skis / Snowboards:
→ Ensure binders are securely fastened
→ Check for cracks or defects
→ Have them freshly waxed
→ Use a helmet

Hours of Darkness

→ Wear reflective belt when in uniform

→ Wear reflective outer garments when in civilian clothing

Through proper planning and risk identification, you can protect yourself and your loved ones from an unfortunate mishap. Don’t think it won’t happen to you – the graveyard is full of headstones that would be perfect for that epitaph.

Don’t believe me – just watch the local papers this fall and winter and sooner or later you’ll come across a terrible tragedy of someone stuck in a blizzard and freezing to death or numerous fatalities on snowmobiles or other recreational equipment.

By exercising a little initiative, taking responsibility for yourself, your loved ones and fellow Warriors of the North, hopefully we can all be around next Spring to “spring ahead” into summer safety.

Area Events

Late October offers array of events

The list of activities across the state over the second half of October is packed with a bit of something for everyone. Here's just a sampling of events to consider placing on your calendar:

Timberwolves Preseason Games

Bismarck (Oct. 23)

The Minnesota Timberwolves play a pair of NBA preseason games in North Dakota.

The game is in Bismarck against the Indiana Pacers. Tip-off 7 p.m. at the Civic Center in Bismarck.

The Timberwolves feature last year's Most Valuable Player Kevin Garnett and a cast of others who took this team deep into the playoffs.

For details, call 701-222-6492; or online at www.bismarckciviccenter.com.

The Big One Art and Craft Fair

Fargo (today and Saturday)

Two sisters from Minot started this event 28 years ago with 40 vendors in Minot. Now they have shows in Minot and Fargo, filling each arena with booths.

The Fargo show runs 10 a.m. to 7 p.m. on Oct. 15 and 9 a.m. to 5 p.m. on Oct. 16 in the Civic Center Auditorium and Centennial Hall.

The show features such items as folk art, wood furniture, florals, dolls, ceramics, glassware, ornaments, jewelry, stained glass, baked goods and more. For details call 701-852-6964 or 701-838-9385; or online at www.the-bigone.biz.

Bottineau Community Arts and Crafts Show

Bottineau (today and Saturday)

This event features items created by artists from throughout north-central North Dakota. Vendors are on hand at the Bottineau Armory from 10 a.m. to 5 p.m. both days.

For details call 701-228-5856.

Buffalo City Bull-A-Rama

Jamestown (today and Saturday)

The 23rd annual edition of this event happens at 7 p.m. each evening, with the

doors to the Civic Center opening at 6 each night. It's survival of the fittest between cowboys and bulls. Tickets can be purchased before the event at the Jamestown Civic Center.

For details call 701-252-8088; or e-mail jmstnd@jamestownnd.com.

Kenmare Goosefest

Kenmare (Sunday through Oct. 23)

This seven-day hunting festival is held in Kenmare, considered the snow goose capital of North Dakota.

Aside from goose hunting, activities include the wild game feed Wednesday which is followed by the Snow Goose Hall of Fame Induction Ceremony; and on Oct. 23 is the Goosefest Banquet.

The event has previously drawn big names such as former Minnesota Vikings coach Bud Grant and former Minnesota Twins first baseman Kent Hrbek.

For details call 701-385-4857; or online at <http://tradecorridor.com/kenmare/goose.htm>.

Circle of Cultures

Bismarck (Oct. 22-31)

One of 14 national events to commemorate the Lewis and Clark Bicentennial, the Circle of Cultures will highlight the cordial welcome Lewis and Clark received from the Mandan, Hidatsa and Arikara nations 200 years ago.

The event features a high-tech Mandan Indian "virtual village," earth-lodge replicas, American Indian interpretations, demonstrations accenting living history and the Corps of Discovery II, a national traveling exhibit with the "Tent of Many Voices."

The event features American Indian storytelling, a room where people can visit with American Indian elders, flute workshops, American Indian school-children teaching the Mandan language, performances by Northern Plains Ballet and the Dakota Plains Dancers, and more. For details call 800-435-5663; or online at www.circleofcultures.com.

Plan to get out and experience these events and activities. It's an opportunity to have an adventure without venturing far from home.

Go to www.ndtourism.com or call 800-435-5663 for more information on other events throughout the state.

Sports

Base holds pep rally for UND women's hockey



Photo by Staff Sgt. Scott T. Sturkol

Three children attending a pep rally here Oct. 8 for the University of North Dakota Fighting Sioux women's hockey team perform a cheer for the team. Base members received free tickets to the opening game of the UND women's hockey season as part of Operation Enduring Friendship.



Photo by Staff Sgt. Scott T. Sturkol

Base members watch the game at the Ralph Englestad Arena.



Photo by Staff Sgt. Scott T. Sturkol

Linda DePaolo, 319th Services Squadron, wears her Fighting Sioux colors during the pep rally.



Photo by Tech. Sgt. Anthony Tyrell

Col. Mark Ramsay, 319th Air Refueling Wing Commander, was on hand to drop the opening puck for the game and for the opening handshake between the University of North Dakota and University of Minnesota players at the Ralph Englestad Arena in Grand Forks.

Shape Your Future: Put the brakes on ‘weight creep’

By Tami Piemonte
Shape Your Future...Your Weigh project manager

BOLLING AIR FORCE BASE, D.C. — “But I don’t have a weight problem,” you say. That’s precisely the point, and why the Air Force is ensuring you keep it that way by offering tools to help you keep your weight in check.

A half-pound here and a half-pound there, and you have the makings of a weight problem. You might scratch your head and wonder where this weight came from, and remember being so “in shape” when you were in high school or first entered the service. Well, you didn’t gain it overnight but probably ounce by ounce over the years.

“Weight creep,” said Maj. Maureen Harback, registered dietitian and deputy of health promotion operations at the Air Force Medical Support Agency, “is the one-two pound weight gain that many people experience, including our active duty people.”

Weight creep contributes significantly to the national, and Air Force, weight problem. “Many people aren’t worried about their weight now, but the pounds add up over the years,” she added.

“For example,” she said, “the average rate of weight gain for males is 1.9 pounds per year. A male could theoretically pack on 36 pounds by the time he retires. That’s exactly what our statistics are showing – Air Force members are averaging the same rate of weight gain as the civilian population.”

Recent weight trends show that more

than 64 percent of American adults are overweight or obese with 15 percent of kids (6-19 years) overweight. The trend has reached an all-time high. In fact, poor diet and lack of physical activity is only a fraction behind tobacco use as the number one cause of death in the United States.

“Roughly 52 percent of active duty men and 24 percent of active-duty women are overweight or obese,” Harback, said. “While we have less people proportionally in the obese category, compared to the civilian population, excess weight has become a critical issue effecting health and readiness.”

Excess weight contributes to a number of health problems such as coronary heart disease, Type 2 diabetes, high blood pressure and certain types of cancer, to name a few.

Overweight and obesity issues are enormous in terms of the extent, growth rate, cost and impact on health and readiness.

“Unfortunately, the problem most likely will not disappear anytime soon, because there is no ‘quick fix.’” Harback said. “Reducing the weight gain trend requires innovative approaches, strategies and tactics on multiple levels, much like the various types of weapons, equipment and tactics used to defeat an enemy,” she said. “We will have to attack on many fronts to include where we work, live and play. This will require commitment from our communities and leaders.”

Shape Your Future...Your Weigh!™ is one of many tools in the Air Force arsenal to combat overweight and obesity.

“Because of our limited success in pro-



moting long-term weight loss, attacking the problem by preventing weight gain is the best chance we have to reduce the incidence of overweight and obesity in our Air Force population,” said Harback.

With this in mind, the Air Force Medical Service developed the SYFYW initiative. She said, “The tools SYFYW offers reflect its mission to expand the awareness of ‘weight creep,’ provide multiple strategies to prevent or limit weight gain, empower individuals to achieve and maintain a healthy lifestyle, and energize a community approach to preventing weight gain.”

Designed as a web-based tool kit, SYFYW offers valuable tools for the Air Force community. For the Air Force health promotion professional, large-scale awareness of weight creep and the environment are the focus of attention and packaged as an electronic tool kit.

The SYFYW community Website was

recently launched. This Website features practical information about ‘weight creep’ and overweight and how to prevent it through healthy diet and physical activity.

“The site features an ever-growing compilation of self-help tools including self-assessment links, quick tips, articles, handouts and other resources to help people prevent weight gain,” Harback said.

“We also know that there are times in one’s life when the risk of gaining weight increases,” Harback said. Future additions to the SYFYW initiative will include materials targeted at high-risk weight gain situations such as deployments, injuries and temporary duty.

“It’s easier to avoid gaining weight than it is to lose weight after you’ve put on the pounds,” Harback said.

For details see the SYFYW Website at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Sports shorts

YOUTH BASKETBALL REGISTRATION

The last day for basketball registration is today for youth ages 5 to 12 at the youth center.

Cost is \$30 for members and \$40 for non-members.

A sports physical is required. Volunteer coaches are also needed. Call the youth center for details at 747-3150.

TORCH CLUB BOWLING

TOURNAMENT

There is a Torch Club bowling tournament Thursday for ages 6 to 18. Sign up by Tuesday.

Cost is \$7 for non-members, \$5 for members. For details call the youth center at 747-3150.

HALLOWEEN PUMPKIN SHOOT

Dakota Bowling Center will be having a 9-pin-no-tap Halloween Pumpkin Shoot Oct. 30 at 7:30 p.m. Cost is \$12 per person. There will be prize categories for men and women plus a best costume prize.

Intramural flag football

CES-B	9-0
LRS	8-2
MSS	7-2
OSS	4-5
CES-A	6-4
AMXS	8-3
MDG	3-7
MOS	out
SVS	4-6
SFS	5-5
MXS	1-8
CS	1-9

Current as of Thursday

Intramural bowling

LRS-A	26-14
MDG	30-10
COMM-A	30-10
911ARS	28-12
LRS-C	24-16
MSS	22-18
MXS	20-20
COMM-B	26-14
SFS	20-20
AMXS	22-18
CES	18-22
SVS	18-22
LRS-B	14-26
905ARS	16-24
CPTS	6-34

Current as of Tuesday

